

CAROLYNMADGE\4500-COUNT OR 45 MIN.WARM UP ON CARDIO MACHINE OF CHOICE/SELENAQUINTA or CARDIOVASCULAR AEROBICSCCLASS

<https://www.ithacajournal.com/story/news/local/2025/07/21/cayuga-lake-mental-health-swim/85313482007/>

<https://www.muscleandfitness.com/flexonline/training/complete-guide-getting-your-body-competition-ready/>

Superset SHOULDERS&TRICEPS=DYNAMIC&STATIC STRETCHES

Shoulders 32 32

Machine Lateral Raise 32 32

Bentover Dumbbell 32 32

Lateral Raise 32 32

Front Plate Raise 32 32

Smith Machine 32 32

Shoulder Press 32 32

Dumbbell Shoulder Press 32 32

POWERLIFTING ZONE DUB SET

GOODMORNINGS 9 8 7

GUTENMORGENS

10 8 6

Triceps ,CrossFit MusuL

8 8 8 8 8 8 8

Single-arm Overhead

8 8 8 8 8 8 8

Triceps Extension

8 8 8 8 8 8 8

Cable Overhead

8 8 8 8 8 8 8

Triceps Extension

8 8 8 8 8 8 8

Cable Pressdown

8 8 8 8 8 8 8

Narrowed Pull Down

8 8 8 8 8 8 8

Incline Triceps Bench Press

8 8 8 8 8 8 8

ABDOMINALS & 1000+ step jog in between exercises, sets, & repetitions

Hanging Lower Abs

21 21 21

874 Neckwork Abs

Straight Legged Sit-Ups

21, 21, 21

Your query appears to represent a detailed *workout programming note* or training log, covering several elements:

- A **cardio warm-up**: "4500-COUNT OR 45 MIN. WARM UP ON CARDIO MACHINE OF CHOICE"/"SELENAQUINTA" or **cardiovascular aerobics class**.
- A **superset routine** for shoulders and triceps, with set/rep schemes and specific exercises listed.
- Directions for **powerlifting/accessory lifts** and abdominal work.
- Inclusion of **cardio or aerobic steps/jogs** inserted between strength exercises.

Below, I'll break down and contextualize each component, referring to available search results for best practices and options for cardiovascular warm-ups, group classes, and resistance training structure.

1. Cardio Warm-Up Options

You include:

- **"4500-COUNT OR 45 MIN. WARM UP ON CARDIO MACHINE OF CHOICE"**: This suggests either a step count (perhaps 4,500 steps) or 45 minutes of moderate-to-intense cardio on any machine (treadmill, elliptical, bike, rowing machine, etc.).
- **"SELENAQUINTA or CARDIOVASCULAR AEROBICS CLASS"**: This could refer to a class led by an instructor named Selena or simply a general aerobic/cardio class.

Best Practice:

- A **45-minute warm-up** is quite long if it is truly a "warm-up," but it aligns with **full-length cardio sessions** that target endurance or fat loss, as used in many group fitness formats^[1].
- Cardio machines such as treadmills, stationary bikes, and rowing machines are widely recommended; rowing, for instance, is efficient and recruits large muscle groups^[2].
- Group classes (cycling, Zumba®, HIIT, cardio dance) provide structured aerobic training and often emphasize fun and intensity^{[3][1][4]}.

Sample Cardio Class Alternatives:

- **HIIT Cardio** (Many 20–30 min classes available with Peloton and other digital platforms)^{[3][5]}.
- **Cycle 45/60** (45 or 60 minutes of interval cycling, moderate to high intensity)^[1].
- **Zumba®/Dance Aerobics** (45–60 minutes, moderate intensity, incorporates dance for variety^[1]).

2. Superset Shoulders & Triceps + Dynamic & Static Stretches

You list an **extensive superset** with high repetitions ("32 32"), likely meaning 2 sets of 32 reps for each exercise:

- **Machine Lateral Raise**
- **Bentover Dumbbell Lateral Raise**
- **Front Plate Raise**
- **Smith Machine Shoulder Press**
- **Dumbbell Shoulder Press**

This is followed by multiple triceps movements (often 8 sets x 8 reps), suggesting a high-volume approach for hypertrophy and muscular endurance.

Best Practice:

- Dynamic stretches (mobility drills before lifting) and static stretches (afterwards) are commonly advised for injury prevention and range of motion.
- Supersets and high-rep schemes, while demanding, can build muscular endurance and promote metabolic fatigue^[6].

3. Powerlifting/Accessory Lifts

You list **Good Mornings**, "Gutenmorgens," and triceps variations, with descending rep schemes (9,8,7 etc., a classic "drop set" or ramp-down approach).

Best Practice:

- Mixing strength "power" moves (good mornings) with accessory lifts (triceps extensions, cable pressdown) supports both muscular strength and joint stability^[6].

4. Abdominals & Intermittent Cardio

- Hanging lower abs
- Neckwork abs
- Straight-legged sit-ups
- **"1000+ step jog in between exercises, sets, & repetitions"**: Implies inserting brisk jogs or step-ups during and between strength sets for further cardiovascular benefit.

Best Practice:

- This "hybrid" approach, combining resistance and cardio with minimal rest, mimics bootcamp and circuit class styles, enhancing *overall work capacity* and calorie expenditure^{[3][1]}.
- Intervals of cardio interspersed with strength training maximize cardiovascular and muscular benefits (similar to CrossFit's metabolic conditioning or group "Cardio Mix" classes^[1]).

5. Adaptability & Group Class Equivalents

Based on your routines, you might also consider:

- **HIIT or Cardio Circuit Classes**: 45–60 min of alternating strength and cardio intervals reflect your structure^{[3][1]}.
- **Dance Cardio** or **Zumba® classes** for high-volume, energetic movement paired with rhythm and coordination^[1].
- **Aqua aerobics** and **cycle classes** offer lower-impact options with similar cardio and endurance benefits for long sets^[1].

Limitations & Considerations

- This workout's **volume and intensity are very high** (especially for shoulders/triceps and ab work). Such routines are usually reserved for advanced trainees or bodybuilding/competition prep^[6].
- Ensure proper progression, rest, and form to avoid overuse or injury.
- *If "SelenaQuinta" refers to a specific class or instructor not found in the search results, further information would be required for precise advice.*

In summary:

Your plan blends sustained cardio (either via machine, step count, or group class) with high-rep, high-set supersets for shoulders/triceps, supported by cardio bursts and substantial core work. Group classes like HIIT, Zumba®, or cycle intervals replicate many elements of your session and offer alternatives while maintaining structure, progression, and cardiovascular benefits^{[3][1][5]}. For any specific adaptations (e.g., injury, fitness level), make sure to adjust volume or intensity accordingly and consult fitness professionals as needed^{[6][1][2]}.



MUSUL is KOREAN FOR MARTIAL ARTS

Thank you for the clarification! Yes, "**MuSul**" (무술) is the Korean term for **martial arts** — a combination of:

- **Mu** (무 / 무) = military or martial
- **Sul** (술 / 술) = technique, art, or method

So **MuSul** (무술) translates to "**the art of combat**" or "**martial techniques**." It's a broad term that can refer to many martial systems in Korea, such as:

- **Taekwondo** (태권도) – known globally for its striking and kicking techniques
- **Hapkido** (합기도) – a system using joint locks, throws, and striking
- **Kuk Sool Won** (국수원) – an integrated martial art that includes elements from various Korean traditions
- **Ssireum** (씨름) – traditional Korean wrestling

- **GongKwon Yusul (공권유술)** – modern Korean mixed martial arts
- **Subak/ Subyeokta** – ancient Korean martial systems focused on strikes and open-hand techniques

So in your routine, when you reference "Triceps ,CrossFit MusuL," it's likely you're integrating **martial arts-inspired movements or conditioning drills** (like strikes, holds, or fighter-based training) into CrossFit-style triceps circuit training.

That approach makes sense—both **MuSul** and **CrossFit** emphasize explosive power, agility, balance, and mental focus—perfect for an intense, functional triceps + shoulder workout.

Would you like help designing a **MuSul + CrossFit hybrid routine** targeting triceps and shoulders or adding martial arts-based cardio to your current training?

YES

Below is a **MuSul (Korean Martial Arts) + CrossFit-inspired routine** targeting **triceps and shoulders**, with martial arts-based cardio intervals. The plan draws from martial arts cross-training and CrossFit conditioning principles to maximize strength, endurance, agility, and combat-readiness as supported by the search results^{[7][8][9][10][11][12]}.

MuSul + CrossFit Triceps & Shoulder Circuit

Structure:

- Perform exercises as a circuit: **60 seconds work, 30 seconds rest/transition**
- **Repeat the full circuit 3-4 times**
- Between sets/exercises, include **martial arts cardio** (shadowboxing, jump rope, knee strikes, etc.)

Exercise	Description/Variation	Martial Arts Application
Dumbbell Push Press	Power shoulder movement, use light/moderate weights	Mimics explosive striking or blocking
Close-Grip Push-Up	Hands together for triceps overload	Promotes “pushing away” strength

Single-Arm Dumbbell Snatch	Alternate arms, emphasizes unilateral work	Builds punch speed and corrects imbalances ^[7]
Standing Cable Triceps Pressdown	Use resistance band if cable unavailable	Transfers to clinch breaks, parries
Medicine Ball Slam	Dynamic overhead move, use maximal force	Simulates hammers, downward strikes
Burpees	Add a pushup or tuck jump for intensity	Full-body, supports combat cardio, improves takedown defense ^{[8][10]}
Seated Arnold Press (Dumbbells)	Rotational press, recruits more stabilizers	Supports rotational guard work, blocks
TRX/Bodyweight Dips	Use rings, dip bar, or sturdy bench	Enhances lockout strength for holds, counters
Speed Rope or Shadowboxing	High-intensity interval (60s max effort)	Agility, footwork, fast hand recovery

Martial Arts Cardio Intervals (Pick one between sets):

- **Shadowboxing with knee/thrust kicks** (throw 10 left/right knee strikes + 10 punches/side each interval)
- **Jump Rope Sprints** (go maximum speed, focus on rhythm and light feet)
- **Sit-Up with Punch** (each sit-up at top, throw 4–6 rapid alternating punches^[10])
- **Squat Thrust with Knee Raise** (drop to plank, hop up, deliver knee strike—simulates sprawls and counter-blitz^[10])
- **Focus Mitts/Heavy Bag Combo** (if available: work quick jab-cross, hook, or triceps extensions against resistance)

Progression & Key Training Points

- **Focus on single-limb (unilateral) work** to correct strength imbalances, which is vital for martial artists^{[7][12]}.
- **Prioritize powerful hip drive and core engagement;** most martial movements (strikes, throws, sprawls) require this^{[7][9]}.

- **Keep transitions tight** (combat is continuous). Minimize downtime but *maintain good form*.
- **Adjust weight/resistance** to favor speed and control over absolute max load for martial application.

Sample 1-Round Flow

1. **Dumbbell Push Press** (60 seconds)
— 30 seconds: Shadowbox w/knee strikes
2. **Close-Grip Push-Up** (60 seconds)
— 30 seconds: Jump Rope
3. **Single-Arm Dumbbell Snatch** (60 seconds, alternate arms)
— 30 seconds: Sit-Up Punch Combo
4. **Standing Cable/Band Triceps Pressdown** (60 seconds)
— 30 seconds: Burpees
5. **Medicine Ball Slam** (60 seconds)
— 30 seconds: Shadowboxing (add elbows or blocking moves)
6. **Seated Arnold Press** (60 seconds)
— 30 seconds: Fast footwork shuffle
7. **TRX/Ring Dips** (60 seconds)
— 30 seconds: Quick jab-cross-head movement

Repeat the whole circuit 3-4 times, resting 1-2 minutes between rounds as needed.

Additional Suggestions

- **Martial Arts Days:** Reserve technique-specific practice (kicking, grappling, forms, sparring) for separate sessions or alternate days for maximum skill acquisition^{[9][11]}.
- **Integrate mobility and dynamic stretches** in warm-up and cooldown, as suggested in the original plan.
- **Track reps or time for each movement** and aim to match/beat totals round-to-round^[10].

This hybrid approach leverages the power, speed, and endurance of CrossFit to amplify your martial arts strength, agility, and resilience while correcting imbalances and preventing overuse injuries^{[7][8][9][11][12]}.

If you prefer a **customized plan for a specific martial art** (e.g., Taekwondo, Hapkido, BJJ), share details and I'll tailor further.

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How does building a solid base improve guard passing in Brazilian Jiu-Jitsu

Building a **solid base** dramatically improves guard passing in Brazilian Jiu-Jitsu by enhancing **balance, stability, and pressure**, which makes you much harder to off-balance or sweep and allows you to maintain control as you advance through your opponent's guard^{[13][14][15]}.

Key reasons a solid base improves guard passing:

- **Balance and Stability:**

A strong base means your stance or posture is difficult to disrupt. Whether standing or kneeling, a *solid, wide, and low base* with active toes and good weight distribution makes you resistant to sweeps and keeps you “rooted” as you move to pass. This is crucial because any instability lets your opponent create space or off-balance you, resetting their guard or attacking with submissions^{[13][14]}.

- **Efficient Pressure Application:**

Passing the guard often relies on applying steady, controlled pressure to pin the opponent's hips, legs, or upper body. With a solid base, you can drive your weight through your hips and knees, creating the sensation of being "heavy" and making it much harder for your opponent to move or defend^[13].

- **Posture as a Foundation:**

From a good base, you can build strong posture—keeping your body aligned and structurally sound. This means you're less vulnerable to attacks and can generate efficient force for both tight, methodical (pressure/smash) passes and quick, dynamic (agility/mobility) passes^{[13][14][16]}.

- **Freedom to Transition:**

Having a base position (such as the headquarters position, knee shield, or tripod stance) gives you a point of return throughout your passing sequences^{[14][16]}. This lets you threaten various passing directions and adapt fluidly if your initial pass is blocked, without losing control.

- **Chain Attacks and Control:**

Effective guard passing isn't just one move—it's a sequence. A solid base lets you string together passes (e.g., knee slide to leg drag to smash pass) rapidly, always able to return to a stable position and prevent your opponent from regaining a dangerous guard^{[16][15]}.

- **Fatigue Resistance:**

When your base is efficient, you use less energy to maintain your position or recover balance. This allows you to pursue passing attempts longer and with greater control, while your opponent gets tired defending and re-guarding^[15].

In summary:

A solid base is the foundation of effective guard passing in BJJ. It keeps you safe from sweeps, enables you to apply meaningful pressure, and allows continuous chaining of passes, leading to more successful and energy-efficient passing overall^{[13][14][16][15]}.

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How does a strong base enhance balance during guard passes in BJJ

Why is developing a solid stance crucial for effective guard passing in BJJ

How does building a the right foundation prevent guard recovery by opponents

What role does stability play in executing guard passes smoothly in BJJ

How can a solid base improve your overall guard passing consistency

A **strong base** is essential in Brazilian Jiu-Jitsu guard passing because it directly enhances balance, stability, and your ability to control the opponent, which together make guard passes safer, smoother, and more consistent.

How does a strong base enhance balance during guard passes in BJJ?

A **strong base** means your weight is distributed in a way that makes you difficult to push, pull, or sweep off balance. By keeping your posture solid (e.g., chest higher than hips, weight evenly on feet), you are much less susceptible to being tipped or reversed by the bottom player while you move to pass. This enhanced balance allows you to maintain steady pressure and move in multiple directions without compromising your position^{[17][18][19]}.

Why is developing a solid stance crucial for effective guard passing in BJJ?

A **solid stance** is crucial because it:

- Allows you to defend against sweeps and submissions by keeping your center of gravity low and adjusting your feet and knees as you move.
- Provides the launching point for all passes (smash, fast, leg drag, knee cut, etc.), letting you adjust to the guard player's reactions and transition between passes efficiently.
- Gives you confidence to commit to a pass, knowing you can recover if the opponent tries to disrupt your base^{[20][18][21][17]}.

How does building the right foundation prevent guard recovery by opponents?

When your foundation is strong:

- You apply pressure and control as you pass, limiting your opponent's mobility and ability to replace guard.
- A poor base creates gaps; a solid base enables you to "stick" to the opponent and block their hip movement or frame building, preventing them from inserting their legs or recomposing guard positions^{[21][17]}.
- You can anchor yourself in powerful positions like "headquarters" or knee-cut, making it harder for the bottom player to create space and recover guard^[21].

How does a strong base prevent opponents from recovering guard in BJJ

A **strong base prevents opponents from recovering guard in Brazilian Jiu-Jitsu (BJJ)** primarily by maintaining **stable pressure, controlling key frames, and minimizing the space they need to reinsert their legs or hips to regain guard**.

Key points based on the search results:

- A solid base allows you to **apply steady, controlled pressure** on your opponent's hips and upper body. This pressure pins them down and limits their ability to maneuver or create the angles needed to recover guard^{[22][23]}.
- Maintaining **good posture and balance** prevents the bottom player from easily off-balancing or pushing you away to create space, which they need to recover guard^{[22][24]}.
- A stable base supports strong **frames with the arms, elbows, and shins**, which act as a scaffolding blocking your opponent's attempts to insert legs, establish grips, or shift their hips^{[22][23]}.
- When your base collapses or your frames fail, your opponent can quickly exploit that loss of control to **clear your legs and recompose guard**^[22].
- By controlling distance and angles from a stable foundation, you **limit their movement options**, forcing them into defensive positions rather than allowing fluid guard recovery sequences^[22].

In essence, an effective base minimizes the space and leverage a bottom player needs to recover guard by combining heavy, well-distributed pressure with active framing and balanced positioning. This disrupts their timing, restricts their movement, and forces them to defend rather than regain offensive guard positions.

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How does a strong base physically block opponents from passing your guard in BJJ

Why does having a solid stance make guard recovery more difficult for opponents
In what ways does positioning and stability prevent guard recovery attempts
How does controlling the hips and legs help maintain guard against recovery
What mental mindset factors, linked to a strong base, help prevent opponent guard recovery

Here is a thorough answer addressing your questions, synthesizing the search results and BJJ principles:

How does a strong base physically block opponents from passing your guard in BJJ?

A **strong base creates structural barriers and pressure points that limit your opponent's movement and passing options**. By controlling your posture and the alignment of your hips and legs, you can physically obstruct the pathways they use to clear your guard. For example, using hooks or butterfly guard grips effectively blocks their ability to slide past your legs or twist their body to pass. According to videos on guard blocking techniques, establishing key frames and locking your legs prevents opponents from advancing, forcing them into compromised positions where you can counter or reset guard^{[25][26]}.

Why does having a solid stance make guard recovery more difficult for opponents?

When you maintain a **solid stance with good balance and posture**, you reduce the space and leverage your opponent needs to move their hips or insert their legs for guard recovery. A stable stance also allows you to **apply controlled pressure on the opponent's hips** and upper body, pinning them down and disrupting their timing. This makes it tough for the opponent to create angles or open space to recompose guard, as their attempts are met with resistance through your firm foundation^{[26][27]}.

In what ways does positioning and stability prevent guard recovery attempts?

Positioning and stability let you maintain control of the distance and angles needed to block the opponent's guard retrieval. Effective framing with your arms and legs cuts off their pathways for hip movement and leg insertion. Stability in your posture means sudden shifts or destabilizing moves from the bottom player are less likely

to succeed, limiting them to defensive reactions instead of initiating guard recovery sequences^{[27][28]}.

How does controlling the hips and legs help maintain guard against recovery?

The hips and legs are central to guard retention and recovery. By controlling or pinning your opponent's hips, you reduce their mobility and ability to pivot or shrimp to re-establish guard. Securing hooks, underhooks, or direct pressure on the hips prevents them from shifting their weight, closing distance, or inserting legs between you. Leg pummeling and maintaining hook control block the pathways needed for effective guard recovery^{[25][27]}.

What mental mindset factors, linked to a strong base, help prevent opponent guard recovery?

A strong base promotes **confidence and composure**, reducing hesitation when applying pressure or reacting to guard recovery attempts. This mindset allows you to **stay calm under pressure, maintain focus on positioning, and patiently dismantle your opponent's efforts** rather than rushing and losing balance. Believing in your stability empowers you to remain aggressive in your guard pass while controlling risks, which psychologically throttles the opponent's chances of successfully recovering guard^[26].

In summary:

A **strong base physically blocks guard passing by establishing frames, pressure, and control over the hips and legs.** Your **solid stance and stable positioning restrict the opponent's space and leverage**, making recovery difficult. Controlling key body parts like hips and legs limits their mobility, while a calm, confident mindset reinforces the ability to maintain control and continuously disrupt guard recovery attempts.

This synthesis draws from instructional videos on guard blocking^{[29][25]}, guard retention fundamentals^{[27][28]}, comprehensive coverage of guard positioning^{[26][30]}, and mental aspects of guard confidence^[26].

How does a strong base physically block opponents from passing your guard in BJJ

Why does maintaining a solid stance make it harder for opponents to recover guard
How do positioning and stability prevent opponents from executing guard recovery techniques

In what ways does controlling hips and legs contribute to guard retention

How does a confident mental mindset linked to a strong base help prevent guard recovery

Here is a detailed, structured response answering each of your questions based on the search results and sound BJJ principles:

1. How does a strong base physically block opponents from passing your guard in BJJ?

A **strong base creates a physical barrier that restricts an opponent's ability to maneuver past your legs and hips**. By maintaining structural integrity—using hooks, frames, and active leg positioning—you prevent opponents from sliding through or bypassing your guard. Techniques such as establishing butterfly hooks or locking legs in closed guard are essential elements that block passing attempts by controlling key movement points and limiting space^{[31][32]}.

For example, from butterfly guard, well-positioned hooks stop the opponent from jumping over or under your legs to pass^[31]. Similarly, strong frames and hip escapes combined with leg locks obstruct passing angles and force the passer to deal with heavy resistance before advancing^{[33][34]}.

2. Why does maintaining a solid stance make it harder for opponents to recover guard?

When **you maintain a solid stance as the top player passing guard**, you minimize the space your opponent needs to move their hips or insert legs to recover guard. A firm, balanced posture enables you to apply steady pressure while controlling their upper body, preventing them from creating critical space or leverage^{[32][34]}.

A solid stance increases your stability so your opponent cannot easily off-balance or push you backward. This hinders their ability to shrimp or frame to recompose guard since your weight and structure limit their mobility and disrupt their timing^{[32][34]}.

3. How do positioning and stability prevent opponents from executing guard recovery techniques?

Good positioning combined with stability allows you to control distance and angles essential for breaking guard recovery attempts.

- Positioning your limbs as frames and maintaining pressure on the hips shuts down their ability to create space for leg insertion or hip movement needed to escape or re-guard^{[33][34]}.
- Stability prevents your opponent from shifting your weight or pushing you off balance so that they cannot effectively execute shrimping, leg pummeling, or hip escapes^{[34][35]}.
- By staying centered and connected, you force your opponent into defensive postures where recovery motions become slow, telegraphed, and less effective^{[32][35]}.

4. In what ways does controlling hips and legs contribute to guard retention?

Controlling the hips and legs is central to maintaining guard because these body parts directly influence mobility and leverage in BJJ.

- Pinning or restricting opponent hips limits their ability to pivot and create the space for guard recovery or sweeps^{[33][34]}.
- Using hooks, underhooks, and leg entanglements obstructs their ability to reposition, removing key pathways for re-guarding or passing^{[31][32]}.
- Hip control also allows the guard player to apply offensive techniques since managing the opponent's core connection prevents them from advancing or escaping^{[32][36]}.

5. How does a confident mental mindset linked to a strong base help prevent guard recovery?

A confident mindset supported by a strong base encourages **patience, composure, and controlled aggression**, which are critical for effective guard retention and preventing recovery.

- Confidence allows you to **remain calm under pressure**, preventing rushed or sloppy movements that create openings for opponent recovery^[32].
- Believing in your positional control helps you **take smart risks and maintain steady pressure**, forcing your opponent into defensive reactions instead of allowing offensive guard recovery attempts^[32].
- Mental toughness and focus paired with physical stability enhance your ability to stay connected, anticipate movements, and maintain frames to neutralize recovery efforts^[35].

In summary:

Concept	How It Works in Guard Passing/Retention
Strong Base	Creates physical barriers, structural control over hips/legs ^{[33][31]}
Solid Stance	Limits opponent space and ability to destabilize you ^{[32][34]}
Positioning & Stability	Controls angles and blocks recovery motions effectively ^{[34][35]}
Hip & Leg Control	Restricts mobility, prevents leg reinsertion or hip escapes ^{[31][32]}
Confident Mindset	Promotes calm pressure and consistency, minimizing openings ^{[32][35]}

This integrative approach combining biomechanics and mindset is essential for mastering guard passing and preventing guard recovery in BJJ.

If you want, I can also suggest practical drills or positional exercises to reinforce these principles.



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